Casting from Meta Quest

Casting allows you to display what the user sees inside the headset on another device such as a phone, computer, or TV. Before starting, make sure that **all devices are connected to the same Wi-Fi network** and, if applicable, that they are **logged into the same Meta account**.
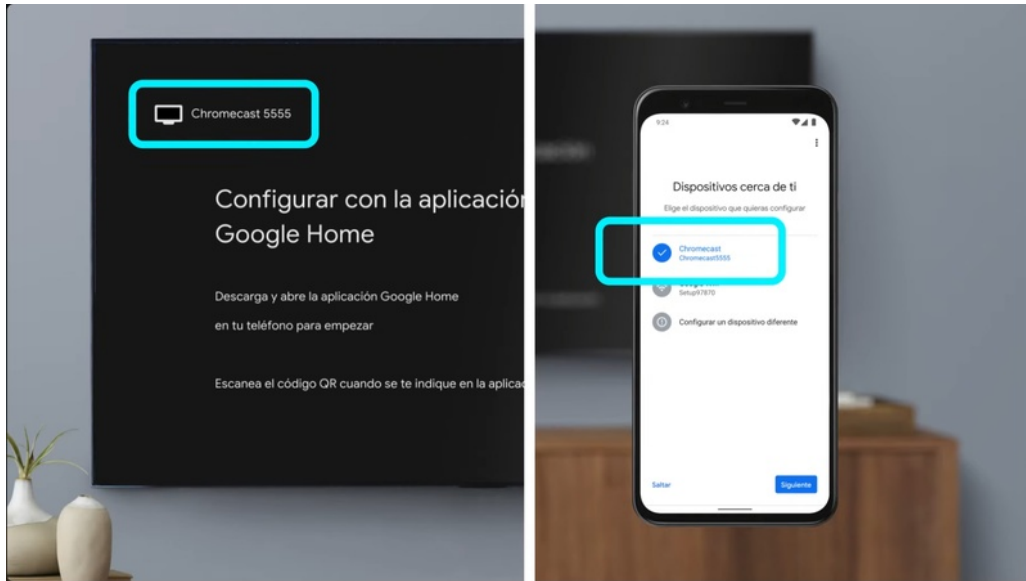
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Set up the Chromecast

1. Plug the Chromecast into an **HDMI port** on the TV.

2. Connect the Chromecast's **USB power cable** (either to the TV's USB port or a wall outlet).

3. Turn on the TV and select the **HDMI input** where the Chromecast is connected.

4. Open the **Google Home** app on your phone.

5. Tap **"+ → Set up device → New device"** and follow the instructions:

   - Allow Bluetooth and location access.

- Confirm the code shown on the TV.

- Connect Chromecast to your **Wi-Fi** network.

6. Wait for the device to update and complete setup.

7. Once done, your TV will show the Chromecast home screen.

Cast to a TV using Google Chromecast

Requirements

- A **Google Chromecast** device (or a smart TV with Chromecast built-in).
- The **Google Home** app installed on your phone.
- All devices on the **same Wi-Fi network**.

Cast from the Meta Quest headset

1. Put on your **Meta Quest 2 or 3** headset.

2. Press the **Meta (Oculus)** button on the right controller to open the **Universal Menu**.

3. Select the **clock** on the left-hand side to open **Quick Settings**.

4. Tap **Cast**.

5. In the list of devices, select your **Chromecast or TV**.

6. Select **Next**, and the TV will begin showing the headset display.

To stop casting

- Open **Quick Settings → Cast → Stop Casting.**

Tips

- If casting doesn't appear, verify all devices are on the **same Wi-Fi network and frequency band** (2.4GHz or 5GHz).

- Restart your **headset**, **Chromecast**, or **router** if the device list doesn't update.

- For best performance, keep all devices close to the Wi-Fi router.

- You can also cast to the **Meta Quest Link app** on PC if it's connected to the headset.